

# Appendix G

## 2008–09 Physical Fitness Test

### SAMPLE – Student Data Collection Form

This form is for your convenience in collecting data for electronic submission. Please do not send this form to the state PFT contractor (Educational Data Systems, EDS).

Student Name: \_\_\_\_\_ Test Date: \_\_\_\_\_ Statewide Student ID: \_\_\_\_\_

#### I. STUDENT DEMOGRAPHICS – Fill in all information whether student has tested or not.

- A. County-District-School Code** \_\_\_\_\_ – \_\_\_\_\_ – \_\_\_\_\_
- B. School District Name:** \_\_\_\_\_
- C. School Name:** \_\_\_\_\_
- D. Charter School Number:** \_\_\_\_\_ (0000 for dependent charters or public schools)
- E. Grade:** \_\_\_\_\_ (05, 07, or 09)
- F. Date of Birth (required):** \_\_\_\_\_ (MMDDYYYY)
- G. Gender (required):** \_\_\_\_\_ (M,F)
- H. Ethnicity:** \_\_\_\_\_ (enter ethnicity code from Table 1)

#### I. Reason for Incomplete Data – Check one boxes and choose one reason:

- ☐ **Student not tested**      ☐ **Student with partial data**

- \_\_\_\_\_ Absent on test date and/or all make-up sessions
- \_\_\_\_\_ Extraordinary circumstances
- \_\_\_\_\_ Individualized education program (IEP) / Section 504 plan/Disabilities
- \_\_\_\_\_ Medical excuse

★ ★ ★ ★ **Continue to Section II if student has tested or partially tested.** ★ ★ ★ ★

#### II. INDIVIDUAL STUDENT SCORES – Fill in all applicable data for each item below. For tests except the Mile Run and the Walk Test, use a score of 0 to indicate that the student was unable to complete the test. Leave score blank to indicate that the student did not attempt the test.

##### A. Aerobic Capacity (select one test)

- 1) **PACER\*** (20 meter) Laps \_\_\_\_\_ (# of laps)
- 2) **Mile Run**                      Min. \_\_\_\_\_                      Sec. \_\_\_\_\_
- 3) **Walk Test**                      Min. \_\_\_\_\_                      Sec. \_\_\_\_\_
- Heart Beat \_\_\_\_\_ (# of beats in 15 sec.)    Weight \_\_\_\_\_ (lbs.)

##### NOTES:

- i) If the student begins, but cannot finish the Mile Run or the Walk Test, fill in 99 min and 59 sec for the time.
- ii) If the 15-meter PACER is administered, these scores must be converted to 20-meter scores. The conversion table can be found on the *FITNESSGRAM*® Web site at <http://www.fitnessgram.net> (Outside Source).

# Appendix G (Continued)

## 2008–09 Physical Fitness Test

### SAMPLE – Student Data Collection Form

#### B. Body Composition (select one test)

- 1) Skinfold Measurement (median number) Triceps \_\_\_\_\_ (mm) Calf \_\_\_\_\_ (mm)
- 2) Body Mass Index Height \_\_\_\_\_ feet \_\_\_\_\_ inches Weight \_\_\_\_\_ pounds
- 3) Bioelectric Impedance/Automated Skinfold Caliper Percent Body Fat \_\_\_\_\_ %

#### C. Abdominal Strength

- 1) Curl-Ups Curl Ups \_\_\_\_\_ (# of curl-ups. Not to exceed 75.)

#### D. Trunk Extensor Strength

- 1) Trunk Lift Trunk Lift \_\_\_\_\_ (# of inches. Not to exceed 12 in.)

#### E. Upper Body Strength (select one test)

- 1) Push-Up Push-Ups \_\_\_\_\_ (# of push-ups)
- 2) Modified Pull-Ups Modified Pull-Ups \_\_\_\_\_ (# of modified pull-ups)
- 3) Flexed-Arm Hang Time \_\_\_\_\_ (seconds)

#### F. Flexibility (select one test)

##### 1) Back-Saver Sit and Reach

Left Side \_\_\_\_\_ (# of inches. Not to exceed 12 in.)

Right Side \_\_\_\_\_ (# of inches. Not to exceed 12 in.)

##### 2) Shoulder Stretch

(Yes if student is able to touch fingertips. No if student is not able to touch fingertips.)

Left Side \_\_\_\_\_ (Yes/No)

Right Side \_\_\_\_\_ (Yes/No)

**TABLE 1 – Values for Ethnicity**

100 – American Indian or Alaskan Native	302 – Guamanian
201 – Chinese	303 – Samoan
202 – Japanese	304 – Tahitian
203 – Korean	399 – Other Pacific Islander
204 – Vietnamese	400 – Filipino
205 – Asian Indian	500 – Hispanic or Latino
206 – Laotian	600 – African American or Black
207 – Cambodian	(not of Hispanic origin)
299 – Other Asian	700 – White (not of Hispanic origin)
301 – Native Hawaiian	999 – Declined to state